

Painful Feet



hcpc
registered



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Foot pain can occur for many reasons. Trauma, sports injuries, ill-fitting footwear and issues with foot structure are some of the most common ones.

A podiatrist can assess the symptoms of your problem, diagnose and treat the condition. Some issues can be resolved within a short time period whereas others may require long term intervention.

Issues such as corns and calluses can cause pain and are often caused by ill-fitting footwear resulting in compression in the foot. A podiatrist can remove these quickly and painlessly and advise you on appropriate footwear for the shape of your feet and your activity types.

If your foot structure is causing the problem a biomechanical assessment can help the podiatrist assess the way you walk (known as your gait) to see which of your joints need support to improve your foot function. This can be provided with specialised inserts for your shoes known as orthotics. When worn on a regular basis these can help reduce the pain in your lower limb by helping your feet function more efficiently.